

Breakfast: Fruit
Cornflakes or Rice Krispies
Eggs and bacon
Gluten - free bread, with butter and marmalade
Tea or coffee with milk and sugar

Mid-Day Meal: Meat or fish - any gravy to be thickened with cornflour
Vegetables, avoiding those prepared with mayonnaise or sauce
Potatoes
Special pudding made with gluten - free flour or fruit

Evening Meal: Soup made with meat and vegetable stock and thickened with gluten- free flour,
lentils, potato, etc.
Egg or cheese or meat or fish dish
Potato or rice
Vegetables
Special pudding made with gluten - free recipe
Milk
Coffee

Bedtime: Milk drink
Gluten - free biscuits

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Dr. Clark R. Mills
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Dr. Darryl Johnson
Dr. Chad Kulak

gluten-free diet

prepared for. _____

date. _____

gluten-free diet

TYPE OF FOOD	FOODS INCLUDED	FOODS EXCLUDED
Beverage	Carbonated beverages, cocoa powder, coffee, tea, whole milk (not more than 2 1/2 cups per day), fruit juices	Cereal beverages; cocoa mixes; malted milks, drinks with malt or other excluded cereals; ale, beer.
Bread	Bread and muffins made with arrowroot, corn, potato, rice, or soybean flour	Any bread, muffins, and biscuits made with whole wheat, barley, rye or oat flour; crackers; pretzels; rusk; pancakes; prepared mixes.
Cereal	Ready - to - eat corn and rice cereals, cornmeal, rice, hominy	Any made with wheat, oats, rye, bran, malt flavoring, barley, buckwheat; macaroni, noodles, spaghetti
Desserts	Creme brules, custards and puddings made with allowable fours or starches; gelatin desserts; sherbet; tapioca; home-made ice cream; special cookies made without wheat, rye or oat flour	Any containing wheat, rye, barley or oat products as cakes, cookies, ice cream pastries, pies, puddings or those made from commercial mixes.
Fat	Butter, margarine, pure mayonnaise, cooking oils, shortening	Commercial salad dressings, wheat germ oil.
Fruit	Any	

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TYPE OF FOOD	FOODS INCLUDED	FOODS EXCLUDED
Meat, Egg or Cheese	Any meat, fish or fowl except those excluded; natural cheese; eggs	Meat, fish or chicken loaf or croquettes made with bread or bread crumbs; cheese spreads; canned meat dishes, cold cuts unless pure meat; breaded stuffings; gravy thickened with flour, meat pies, sausages
Soup	Broth or bouillon; vegetable soup and cream soups made from allowable foods, thickened with cornstarch or potato flour only	Any containing excluded flours or starches; canned soups
Sweets	Any except those prepared with excluded grain products; chocolate, honey, jams, and marmalade	Candy containing wheat, rye, oats, barley, liquorice sweets
Vegetables	Any except those prepared with excluded grain products, baked beans	
Miscellaneous	Salt, spices, vinegar, herbs, pickles, baking chocolate, olives, nuts, peanut butter, rice, sugar	All gravies or sauces thickened with wheat flour; flavoring sauces, malt extract, baking powder, patent infant foods, ketchup